



JAPANESE-AMERICAN COOKERY

THE BAY AREA LEARNING CENTER/TEACHER LEARNING CENTER

SAN FRANCISCO UNIFIED SCHOOL DISTRICT

presents

GO-CHI-SO

JAPANESE-AMERICAN COOKERY

Nancy Mayeda

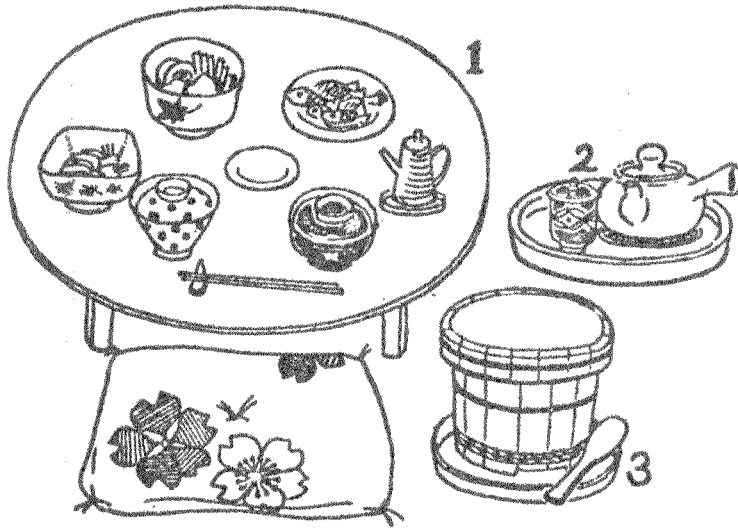
PREFACE

Many of the materials presented in this booklet reflect the way we do things in our family. Other Japanese-American families may or may not do as we do. I am a sansei, third generation Japanese in America. Many of the Japanese culture and customs have been handed down verbally, so there are many variations of specific customs.

The recipes in this booklet were selected because of the easy accessibility of ingredients and also easy adaptability to the classroom.

Nancy Mayeda

TABLE SETTING



My dinner table follows this pattern pretty closely. Items 2 and 3 are placed directly on the table to my right and are not put on trays.

If I have company, I have on occasion put items 2 and 3 on TV trays to my right.

Dinnerware for Everyday Use

- (1) A table set for an ordinary meal.
- (2) The tea service.
- (3) The wooden bucket that holds the rice.

Table 2.

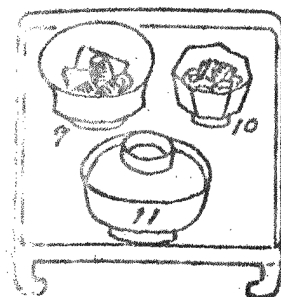


Table 1.

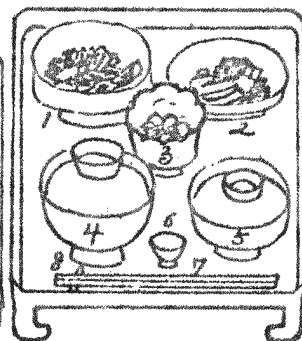
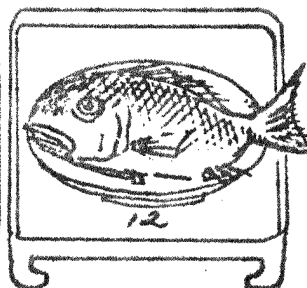


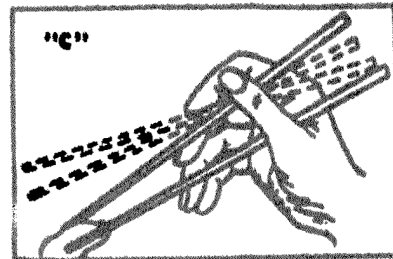
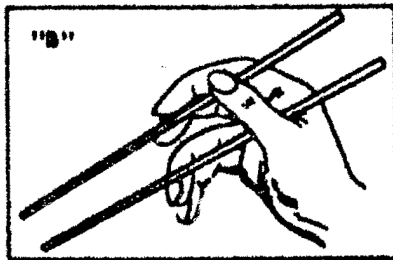
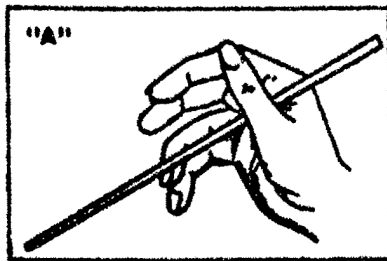
Table 3.



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I have never set a table as elaborate as this one.

- | | |
|---|---|
| 1. <i>Nimono</i> (Boiled fish or meat and vegetables.) | 6. Winecup. |
| 2. <i>Sashimi</i> or vinegared fish or vegetables. | 7. Chopsticks. |
| 3. Pickles. | 8. Chopstick-rest. |
| 4. Rice | 9. Steamed foods. |
| 5. Clear soup with fish and vegetables. | 10. Vegetables boiled or dressed. |
| After this, <i>chawanmushi</i> (steamed egg and fish or meat) and later <i>miso</i> -soup are served. | 11. Clear soup with fish and vegetables (different in flavor from 5.) |
| | 12. Broiled fish. |
| | (13. Diner's position.) |



USING CHOPSTICKS

- A. The stationary stick is held with slight pressure between the second joint of the thumb and a half curled fourth finger, just above the tip. The thumb is about two thirds from the end of the stick. Always keep the chopstick ends even.
- B. The moving or pinching stick is held and positioned between the thumb, fore and middle fingers, as you would hold a pencil. Then the thumb becomes a pivot point while the fore and middle fingers are bent inwards, thus bringing the points of the chopsticks closer together.
- C. The chopsticks are held loosely in a relaxed hand, with the sticks slightly apart. When a morsel is desired, an inward bending of the fore and middle fingers will bring the two points together. With practice, the chopsticks will meet in a positive straight movement.

Before beginning to eat, it is polite to say to your host or hostess (or to the one who has prepared the food):

Ita-da-ki-masu.

I shall partake of your food.

Host or hostess may or may not reply: (Sa) Dō-zō.

When finished eating, it is polite to say to your host or hostess (or to the one who has prepared the food):

Go-chi-so sa-ma.

I'm through eating your good food (thank you).

MENU

SOUP
Clear

SALAD
Sunomono

MAIN DISH
Sukiyaki
Chicken and Vegetables on a Stick

DESSERT
Mandarin Oranges
Senbei

Rice-Tea-Tsukemono

SHOPPING LIST

All the Japanese food items were purchased at Uoki - Sakai, 1656 Post Street, San Francisco, California. Most of these items may also be found at most Safeway stores. I have purposely omitted prices as they seem to change regularly---everytime I go shopping. I have listed brands of items that I used in the cooking demonstration to help you in your selections. There are many different companies putting out a product; I chose the ones which were lower in cost.

SOUP - Clear

Hime - Dashi-no-Moto
Soup Stock
7 bags to a box
Green Onion
Tofu - Comes in a
plastic container
Kikkoman - Soy sauce
Aji-no-Moto

SALAD - Sunomono

Cucumbers
Boiled octopus
Lettuce
Marukan - Rice Wine Vinegar
Comes in 24 fl. oz. bottle
Sugar
Salt
Kikkoman - Soy sauce
Aji-no-Moto
Tomato

RICE

Kokuho or Cal Rose - Comes in 5 and 10 pound sacks. Larger quantities too.

SHOPPING LIST (CONT.)

MAIN DISH - Sukiyaki

Flank Steak
Green Onions
Tofu - Comes in a
plastic container
Orchids - Green bamboo shoots
Lucky Star - Boiled Ailmentaly
Paste (Shirataki-
Mizuni)
Japan Food - Sukiyaki-no-Tomo
Kikkoman - Soy sauce
Takara - Mirin Sake - Comes in
bottle
Sugar
Hime - Shitake - dried mushroom

DESSERT - Mandarin Oranges

Orchids - Mandarin Orange Segments
In light syrup

MAIN DISH - Chicken and Vegetables on a Stick

Chicken breasts
Bell Peppers
Onions
Cherry Tomato
Mushrooms
Garlic
Aji-no-Moto
Kikkoman - Soy sauce
Sugar
Takara - Mirin Sake - Comes in bottle
Bamboo skewers

TEA

Shirakiku - Genmai Cha

WHAT WAS IT?
(GLOSSARY)

- AJI-NO-MOTO: Japanese trade name for MSG (monosodium glutamate), a flavor-enhancing agent used in very small quantities. Sold in supermarkets as Ac'cent or MSG.
- DASHI-NO-MOTO: Instant dashi is available in packages in Japanese markets. Dashi is a basic soup and cooking stock and is made from powdered katsuobushi and kombu. Only cold water and MSG need to be added.
- KAMABOKO: The white flesh of fish mashed, mixed with salt, mirin, sugar and cornstarch, and packed tightly on a small board in the shape of a half cylinder, and then steamed.
- KATSUOBUSHI: Dried bonito. After the bones of a bonito are removed, it is cut into four pieces, boiled and then dried in drying ovens; the green mildew which forms in the drying process improves the taste. The finished product is shaven and used for flavoring.
- KOMBU: Dried kelp, a species of seaweed. Comes in hard black sheets, which are usually cut into pieces, washed and used in stocks.

WHAT WAS IT? (CONT.)

KONNYAKU: A hard translucent loaf made from starch of tubers of the devil's tongue plant.

MIKAN: Mandarin oranges, available canned---packed in syrup. Used as a dessert.

MIRIN: Sweet sake (rice wine), used only for cooking. It is made from steamed glutinous rice in which a malt-mould is cultured, and then mixed with strong sake. A good substitute is a pale dry sherry used in lesser amounts than the mirin called for by recipes.

NORI: Dried laver, a species of seaweed. Available in thin greenish-black sheets resembling carbon paper. When warmed, becomes crisper and more purplish in color. Used as garnish or to roll around rice or fish.

SAKE: Japanese wine made from white rice and malt-mould and water. When used as a beverage, it is usually heated gently in the bottle before serving. It is also an important ingredient in cooking.

WHAT WAS IT? (CONT.)

SHIRATAKI: Literally, "white waterfall." Shredded form of konnyaku, a fine vermicelli-like threads of gelatinous starch from a root plant. It is available in cans or fresh in cartons.

SHOYU: Japanese soy sauce. A liquid made from roasted corn and steamed soy beans mixed with malt mould and salted water and fermented. Japanese soy sauce is more delicate and less salty than the Chinese or domestic brands.

SU: Rice vinegar, available bottled or canned. A good substitute is cider vinegar, but mild white vinegar will suffice.

SUIMONO: A clear soup with meat or fish and vegetables flavored with dashi, salt, and shoyu. This is usually eaten first but sometimes, when there are many dishes, it is served at the end also, with rice.

SUKIYAKI: The most popular of the saucepan dishes. Thin slices of meat, various vegetables, dried foods and tofu, etc. are put in a pan on a hot fire, and flavored with shoyu, sugar mirin, etc. The bubbling food is picked out of the pan by the diners and eaten hot.

SUNOMONO: Vegetables, fish or shellfish used either raw or boiled quickly, and flavored with vinegar, sugar and shoyu.

WHAT WAS IT? (CONT.)

TAKENOKO: Young bamboo shoots.

TOFU: Custardlike cake of soy bean curd. It is made of the liquid from soy beans, softened in water and crushed, boiled, and solidified by magnesium chloride. It is sold fresh in cartons.

TSUKEMONO: Vegetables that have been pickled in rice bran and salt, or salt only. Vegetables most commonly used are egg plants, radishes, cucumbers, and cabbage.

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SUNOMONS DRESSING

1 cup Japanese vinegar (regular vinegar may be used)

22 teaspoons sugar

2ip of soy sauce

Dash of aji-no-moto (Monosodium glutamate)

Directions: 1. Add sugar to vinegar gradually. Make sure that the sugar dissolves.

2. Add soy sauce and aji-no-moto.

3. Set aside until ready to pour over salad.

COLD TOFU

1 block tofu
3 tablespoons grated fresh ginger
Soy sauce

Directions:

1. Cut tofu into cubes.
2. Chill in refrigerator until ready to serve.
3. Place a little grated fresh ginger in dish and add soy sauce.
4. Dip the tofu cubes into ginger and soy sauce as you eat.

BASIC SUKIYAKI

1 pound sukiyaki meat (flank steak may be substituted)

Sukiyaki meat suet

5 stalks green onion

1 can shiratake - mizuni (boiled alimentary paste)

1 can takenoko (bamboo shoot tips)

2 shiitake (dried mushroom) soak in water to soften

$\frac{1}{2}$ block of tofu (bean cake)

3 teaspoon sugar

$\frac{1}{2}$ cup mirin (Japanese wine)

about $\frac{1}{8}$ cup soy sauce

} can of sukiyaki-
no-tomo may
be used instead

directions:

1. Sukiyaki is cooked and served at the table. Arrange the meat and vegetables attractively on a large platter.
 - a. Meat should be sliced thin and then cut into bite size pieces.
If flank steak is used, be sure to cut meat thinly at a diagonal.
 - b. Green onions should be about one inch in length.
 - c. Shirataki-mizuni (boiled alimentary paste) should be cut so noodles need not be slurped.
 - d. Slice takenoko (bamboo shoot tips) lengthwise
 - e. Cut shiitake into tiny pieces. Save liquid and add to sukiyaki while cooking.
 - f. Tofu (bean cake) should be cut into blocks.

BASIC SUKIYAKI CONTINUED...

2. Melt suet in fry pan.
3. Add green onion, shiratake-mizuni (boiled alimentary paste), takenoko (bamboo shoot tips), and shiitake.
4. Sprinkle sugar over vegetables.
5. Pour in mirin (wine) and soy sauce.
6. Let cook for a while-turning gently now and then.
7. Add tofu (bean cake) gently as they will break up if you are not careful.
8. Add meat gradually.
9. Serve directly from pan to dish.
10. Option: Raw egg scrambled. Sukiyaki may be dipped in raw egg before eating. This cools the food.

BASIC TERIYAKI SAUCE

5 tablespoons soy sauce
3 teaspoons sugar
2 tablespoons mirin
Garlic (sliced)
Dash of aji-no-moto (monosodium glutamate)

Directions: 1. Put above ingredients in a bowl and mix.
2. To be used to marinate meats and vegetables.

TERIYAKI STICKS

Flank steak (sliced on the diagonal)
Chicken meat
Cherry tomatos
Mushrooms
Green pepper
Onions
Zucchini (in season)

Directions:

1. Above ingredients should be cut into bite-size pieces.
(Exception: Cherry tomatos should be left whole)
2. Marinate meat and vegetables in the basic teriyaki sauce for approximately one hour.
3. Place marinated food on skewers, alternating meat and vegetables.
4. Cook on hibachi or in broiler.
5. Baste and turn over skewers.
6. Serve.

RICE

- 2 Cups rice (California Rose recommended)
- 3 Cups water

Directions:

1. Wash rice until water relatively clear.
2. In the last wash be sure to drain all the water.
3. Measure water and pour in.
4. Place at high heat until top begins to dance.
5. Then lower heat and continue cooking for 15 minutes
6. Turn off heat and let stand for about 10 minutes.
7. "Move" the rice. Fluff rice in pan or take rice out of cooking pan into an "ohatchi".
8. Serve in rice bowls.

Note:

No matter how many cups of rice you use, measure only one cup above measured rice of water.

3 cups rice - 4 cups water

4 cups rice - 5 cups water

5 cups rice - 6 cups water, etc.

JAPANESE TEA

1 rounded tablespoon green tea
2 cups boiling water

Directions:

1. Pre-heat tea pot with boiling water.
2. Place dried tea leaves in pour in slightly ocoled boiled water.
3. Let steep for 2 or 3 minutes
4. Serve

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Donation: Japan Food Corporation
900 Marin
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